

| Date | Weekday | The first training session | Training plan | The second training session | Training plan |
|-------|-----------|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May 1 | Sunday | | sauna, jacuzzi, swimming in the pool, massage, physio therapy, games | | |
| May 2 | Monday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps: single - 5 times, triple - 5 times, 3. Approach with hop - 6 times 4. Power tonisation 5. Shot put 2 position x 5-6 times 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles run (80%) - 5h x 6 times 3. Deep jumps - 3 x 10 each leg 4. Exersice with elastic 3 set x 20 times each leg 5. jogging, stretching |
| May 3 | Tuesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6 times 3. Acceleration run 4x50 approach stile 4. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Power toning 3. Jumping exercise (hops, cangaroo, mixed jumps) - 5 x 30m 4. jogging, stretching |
| May 4 | Wednesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration 3x120 (70%) 10. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, swimming in the pool, massage, physio therapy, games |
| May 5 | Thursday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 3. Double jump with 4-5 steps approach - 10 times 4. Run (80%) - 3 x 120m 5. Exersice with elastic 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Power toning 4. Shot put 2 position x 5-6 times 5. jogging, stretching |
| May 6 | Friday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps 10-15 times 5. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking 10x10 3. Shot put throwing - 2 position: 10+10 times 4. Exersice with elastic 5. jogging, stretching |
| May 7 | Saturday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6-8 times 3. Power toning 4. Acceleration run 5x60 (85%) 5. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, massage, physio therapy, games |
| May 8 | Sunday | | sauna, jacuzzi, massage, physio therapy, games | | |

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| May 9 | Monday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps: single - 5 times, triple - 5 times, 3. Approach with hop - 6 times 4. Power tonisation 5. Shot put 2 position x 5-6 times 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles run (80%) - 5h x 6 times 3. Deep jumps - 3 x 10 each leg 4. Exersice with elastic 3 set x 20 times each leg 5. jogging, stretching |
| May 10 | Tuesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6 times 3. Acceleration run 4x50 approach stile 4. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Power toning 3. Jumping exersice (hops, cangaroo, mixed jumps) - 5 x 30m 4. jogging, stretching |
| May 11 | Wednesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration 3x120 (70%) 10. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, swimming in the pool, massage, physio therapy, games |
| May 12 | Thursday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 3. Double jump with 4-5 steps approach - 10 times 4. Run (80%) - 3 x 120m 5. Exersice with elastic 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Power toning 4. Shot put 2 position x 5-6 times 5. jogging, stretching |
| May 13 | Friday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps 10-15 times 5. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking 10x10 3. Shot put throwing - 2 position: 10+10 times 4. Exersice with elastic 5. jogging, stretching |
| May 14 | Saturday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6-8 times 3. Power toning 4. Acceleration run 5x60 (85%) 5. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, massage, physio therapy, games |
| May 15 | Sunday | | sauna, jacuzzi, massage, physio therapy, games | | |

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| May 16 | Monday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps: single - 5 times, triple - 5 times, 3. Approach with hop - 6 times 4. Power tonisation 5. Shot put 2 position x 5-6 times 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles run (80%) - 5h x 6 times 3. Deep jumps - 3 x 10 each leg 4. Exersice with elastic 3 set x 20 times each leg 5. jogging, stretching |
| May 17 | Tuesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6 times 3. Acceleration run 4x50 approach stile 4. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Power toning 3. Jumping exersice (hops, cangaroo, mixed jumps) - 5 x 30m 4. jogging, stretching |
| May 18 | Wednesday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration 3x120 (70%) 10. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, swimming in the pool, massage, physio therapy, games |
| May 19 | Thursday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 3. Double jump with 4-5 steps approach - 10 times 4. Run (80%) - 3 x 120m 5. Exersice with elastic 6. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Power toning 4. Shot put 2 position x 5-6 times 5. jogging, stretching |
| May 20 | Friday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps 10-15 times 5. jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking 10x10 3. Shot put throwing - 2 position: 10+10 times 4. Exersice with elastic 5. jogging, stretching |
| May 21 | Saturday | 9:45 - 12:15 | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6-8 times 3. Power toning 4. Acceleration run 5x60 (85%) 5. jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, massage, physio therapy, games |
| May 22 | Sunday | | sauna, jacuzzi, massage, physio therapy, games | | |

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| May 23 | Monday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drills Standing jumps: single - 5 times, triple - 5 times, Approach with hop - 6 times Power tonisation Shot put 2 position x 5-6 times jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> warm up, stretching, drills Hurdles run (80%) - 5h x 6 times Deep jumps - 3 x 10 each leg Exersice with elastic 3 set x 20 times each leg jogging, stretching |
| May 24 | Tuesday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drills Triple jump with 8-10 steps approach - 6 times Acceleration run 4x50 approach stile jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> warm up, stretching, drills Power toning Jumping exercise (hops, cangaroo, mixed jumps) - 5 x 30m jogging, stretching |
| May 25 | Wednesday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drills Jerk 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Half squats 6 set x 5 times Stand up the box - 4 x 10 each leg Squat jump 5x5 Calf exercises - 3x10 each leg Crunches 3x10 Acceleration 3x120 (70%) jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, swimming in the pool, massage, physio therapy, games |
| May 26 | Thursday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drill Standing jumps: single - 5 times, triple - 5 times, Double jump with 4-5 steps approach - 10 times Run (80%) - 3 x 120m Exersice with elastic jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> warm up, stretching, drills Hurdles walking - 5x10 Power toning Shot put 2 position x 5-6 times jogging, stretching |
| May 27 | Friday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps 10-15 times jogging, stretching | 16:00 - 18:30 | <ol style="list-style-type: none"> warm up, stretching, drills Hurdles walking 10x10 Shot put throwing - 2 position: 10+10 times Exersice with elastic jogging, stretching |
| May 28 | Saturday | 9:45 - 12:15 | <ol style="list-style-type: none"> warm up, stretching, drills Triple jump with 8-10 steps approach - 6-8 times Power toning Acceleration run 5x60 (85%) jogging, stretching | 16:00 - 18:30 | sauna, jacuzzi, massage, physio therapy, games |
| May 29 | Sunday | | sauna, jacuzzi, massage, physio therapy, games | | |

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| May 30 | Monday | | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Standing jumps: single - 5 times, triple - 5 times, 3. Approach with hop - 6 times 4. Power tonisation 5. Shot put 2 position x 5-6 times 6. jogging, stretching | | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles run (80%) - 5h x 6 times 3. Deep jumps - 3 x 10 each leg 4. Exersice with elastic 3 set x 20 times each leg 5. jogging, stretching |
| May 31 | Tuesday | | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Triple jump with 8-10 steps approach - 6 times 3. Acceleration run 4x50 approach stile 4. jogging, stretching | | <ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Power toning 3. Jumping exersice (hops, cangaroo, mixed jumps) - 5 x 30m 4. jogging, stretching |